

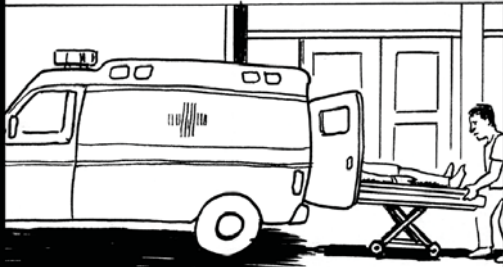
KULEYLKA KA BADBAAD

Stay Safe in the Heat—Somali

Maalmaha cimiladu kulushahay Degmada King, dad badan ayay dhibaatooyin caafi-maad oo khatar ahi soo waajahaan.



EMERGENCY ROOM



XANUUNADA CIMILADA KULUL

Hadii uu qofka jidhkiisu dhakhso isu qaboojin kari waayo, waxa ku dhici kara daalka kulaylka.

Waxa dhici karta in uu dareemo:

- Muruqyo xanuun
- Dawakhaad ama tabar darro
- Madax xanuun
- Lalabo iyo matag



Hadii aad isku aragto calaamadahaas, tag meel qabow cagahana kor u qaad biyona cab.



Daalka kulaylka khatartiisu aad ayay u badan tahay waxana uu keeni karaa geeri hadii aan dhakhso loo daawayn. Calaamadahan iska jir:

- Heerkul aad u sareeya
- Maqaarka oo midabkiisu casaado isla markaana kululaada oo qalayl noqda
- Garaaca wadnaha oo kordha isla markaana xoogaysta
- Jahawareer iyo miyir



Hadii qof lagu arko calaamadaha daalka kulaylka, wac lambarkan 9-1-1! Qofkana dhakhso u gee meel qabow.



Dadka qaarkood waxay u nugul yihiin khatarta dhibaatooyinka wadnaha iyo faaliga iyo hawlgabka kelyaha markay cimiladu kulushahay. Cuduradani waa kuwa ugu badan ee la arko maalmaha cimiladu kulushahay!



Way adag tahay in lala qabsado kulaylka hawada markay da'daadu dhaafto 65.



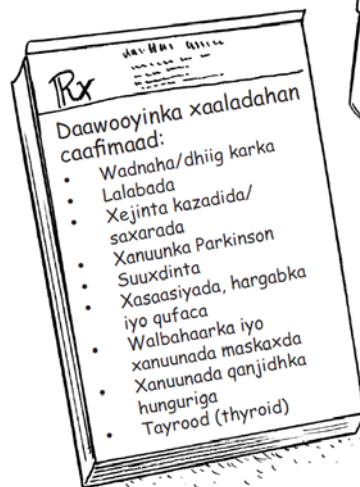
Khatar ayaan ku jiraa sababtoo ah bannaanka ayaan ku shaqeeyaa.

Xanuunada qaar ayaa jidhkaaga ku adkeeya inuu is qaboojiyo.

Waxan qabaa xanuunka macaanka, markaa waxan la socdaa heerka sonkorta dhiigayga maalmaha hawadu kulushahay.



Xanuunada qaar waxay kaa dhigi karaan qof u nugul dhibaatooyinka caafimaad ee kulaylka cimilada.



Rx
Daawooyinka xaaladahan caafimaad:
• Wadnaha/dhiig karka
• Lalabada
• Xejinta kazadida/saxarada
• Xanuunka Parkinson
• Suuxdinta
• Xasaasiyada, hargabka iyo qufaca
• Walbahaarka iyo xanuunada maskaxda
• Xanuunada qanjidhka hunguriga
• Tayrood (thyroid)



La xidhiidh dhakhtarkaaga ama bixiyaha adeegaaga caafimaad si aad ugalaa hadasho in daawooyinkaaga ama xanuunada aad qabtaa ay kor u qaadaayan khatarta ku qabsan karta xiliga kulaylka.



Daawadani waxay jidhkaaga ku adkayn kartaa inuusan fuuq bixin oo heerka kulkiisa ahaado mid caafimaadka u roon.

Waayahay, waxan isku dayi doonaa inaan qabowga jidhkayga ilaaliyo oo aan biyo badan cabo.

HUBI AMAANKAAGA XILIGA KULAYLKA

Hubi amaanka qoyskaaga iyo jaarkaaga siiba kuwa u nugul khatarta kulaylka.



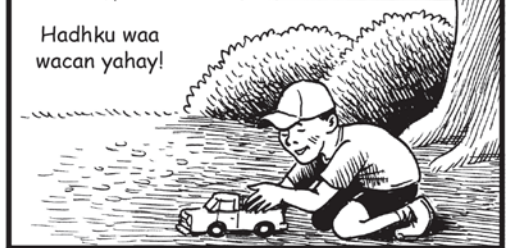
Caruurta laftooda waxa ku dhici kara daalka kulaylka sababtoo ah aad ayay u dhaqdhaqaaq badan yihiin waxaanay hilmaamaan inay biyo cabaan.



Maalmaha kulaylka ah caruurta ka ilaali qorraxda tooska ah siiba xiliyada ugu kulul maalinti.



Hadhku waa wacan yahay!



WALIGAA ha kaga tagin dhallaanka ama caruurta yaryar ama xayawaankaaga gaadhi baarkin garaysan dhexdii, xitaa hadii ay daaquaduhu dejisan yihiin! Gawaadhida kulkoodu ilbidhiqsiyo kudhood ayuu ku gaadhi karaa heer khatar ah!



Dadka banaanka ku shaqeeyaa waa inay si joogto ah nasasho u qaataan si jidhkoodu u qaboobo.



SIDEED ISU QABOOJIN KARTAA

Waxa muhiim ah in aad si joogto ah u cabto biyo iyo sharaab badan, hana sugin ilaa inta aad haraad dareemayso.



Qaado cuntooyinka ay ku jiraan biyo badan.



Ku ciyaar goobaha ay ku yaalaan tuub-booyinka biyaha kor u gana, waxaanad aadaa barkadda dabaasha hadhkana joog.



Maalmaha ay hawadu kulushahay ku dadaal inaad aado meel leh qaboojiyaha hawada.



Faahfaahin dheeraad ah: www.kingcounty.gov/health/beattheheat



DEPARTMENT OF ENVIRONMENTAL
& OCCUPATIONAL HEALTH SCIENCES
UNIVERSITY of WASHINGTON
School of Public Health

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Public Health
Seattle & King County

